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OUR TEMP HITS AN ALL-TIME LOW, DRIVING PAST STRIP MALLS AND INDUSTRIAL ZONES EN ROUTE TO AN ALL-TIME HIGH PAGE 12

Get the Inside Ride, Coast to Coast

Cancer foundation organizes fundraiser that included 80 students, national rowing team PAGE 4

Christmas musical turns Christmas miracle

New technology allows deaf people to enjoy a reading of A Christmas Carol PAGE 6

Remember when 'fun' was non-life threatening?

Florida obstacle course includes zip-line over crocs. Good luck with that PAGE 11

NEWS WORTH SHARING.

HAVE YOU SEEN SALLY ANN?

The Salvation Army is running a big contest in London, and all you have to do is spot this noticeable figure and tweet a picture of her. To find out more, turn to page 4. MARK SPOWART/METRO

Building for sale: Charity's rescue mission

Street Connection. Help for homeless takes a back seat as charity fights to survive

MARK SPOWART
london@metronews.ca

The building is for sale, the single staff member has been laid off and the volunteers are rallying round.

It's now a rescue mission for London homeless charity Street Connection. Supporters and board members gathered for its AGM Wednesday night, but there's no sign of an end to their financial troubles.

They packed into the charity's building at the corner of Wellington and Horton streets to thrash out possible solutions to a tough time that's seen them close their doors to the young homeless people they used to support.

"We are really left with very little choice. It is inevitable that we will have to sell this building and relocate," said Randy Dafoe, interim chair of Street Connection's board of directors.

The challenges the 22-year-old charity is navigating can be traced back to one event. On Dec. 24, 2012, Dick Rastin, co-founder of Street Connection, suddenly passed away, leaving the charity without its leader, voice and most importantly, its main fundraiser. The effect of Rastin's passing could be seen as early as March this year, when the charity's annual motorbike raffle lost money for the first time.

Rastin had been the main ticket-seller for the event.

The annual Mayor's Lunch, which used to bring $12,000-$14,000 in revenue into the centre, did not happen.

So Street Connection has difficult decisions to make.

Executive director Dave Shearer has been laid off. The building, which is owned outright by the charity, is up for sale. Dafoe indicated he expects an offer from the Salvation Army. Dafoe reported that Shearer, while not being paid by the charity, is still advancing its cause as he tries to secure funding.

"We need to show that we can be sustainable," said Dafoe.

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Rescheduled

Welcoming international students event set for Saturday

A special welcome to London for international students has been rescheduled for this Saturday.

Postponed when snow caused the call-off of the London Lightning game on Sunday, the International Student Welcome will now coincide with the armed forces-appreciation game and toy collection.

Students can watch the game and meet local politicians. METRO

Gala party

Celebrate your moustache

The gala party to end the month-long charity facial hair extravaganza takes place Thursday from 8 p.m. to 2 a.m. at The Hideaway, 545 Richmond St. It includes a competition which will see the best moustaches judged. METRO

Get your tickets

Singer Amanda Martinez to perform in London

Latin American singer-songwriter Amanda Martinez is to appear at the Aeolian in London at 8 p.m Thursday.

The event is part of Sunfest's program of world and jazz music.

Tickets are available from the Aeolian Box Office, Centennial Hall Box Office and the Village Idiot in Wortley Village. METRO

London becoming a safer place to drive

On the roads. City jumps nine spots on Allstate study

SCOTT TAYLOR
scott.taylor@metronews.ca

London motorists could be on the road to lower insurance premiums if collision statistics from Allstate Canada continue to trend in the years to come.

According to Allstate's fifth annual Safe Driving Study, based on customer claims data over a two-year period from July 1, 2011 to June 30, 2013, customer claims in London were down 14 per cent.

The study ranked 50 Canadian communities in Ontario, Alberta, New Brunswick and Nova Scotia by the frequency of collisions per 100 cars insured by the company.

London placed 31st this time around, a rise of nine positions from the previous study. While that shows promise, Allsate's manager of external affairs Nicole Watts said it would take a few more good report cards before premiums in the city drop.

"The information data in this study doesn't affect anyone's insurance rate," she said. "Every insurance situation is unique. It gives us a good idea of collision trends, but it doesn't speak to the whole picture."

But the improvement in collisions, Watts added, is a good way to influence premiums.

Much of the credit for that can go to greater awareness about safe driving.

"People realize the dangers of driving under the influence and the dangers of distracted driving, keeping a safe distance from other cars and adapting to the weather. Hopefully, people are putting their winter tires on, taking their time and making sure that they're decreasing their speeds and adapting their driving to the conditions."

Overall, Medicine Hat, Alta., is the safest place to drive, while Milton, Ont., came in last.

Trouble days

Allstate's manager of external affairs Nicole Watts said the two most collision-filled days of the week are Thursday and Friday, possibly because more people are travelling, socializing and fatigued at the end of the week.

Here's your chance to see Elf, the Grand's Christmas show

How's this for a sweet deal? The Grand Theatre and the Richmond Row Merchant Association are asking people to find Buddy the Elf's favourite food in store windows. Finding five of the 15 items gives you a chance to win prizes including tickets to Elf, the Grand's Christmas show, plus other treats donated by businesses. Visit richmondrowlondon.com for full details. Buddy, as played by Liam Tobin, is pictured enjoying a healthy portion of syrup on his spaghetti.

MIKE DONACHIE/METRO

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Members of the football team at the South Collegiate Institute take part in Inside Ride, an event raising money for the Coast to Coast Against Cancer Foundation. MARK SPOWART/FOR METRO

Canadian rowers saddle up for cancer fundraiser

Charity ride. National women's team meet community, break a sweat with 80 students

MARK SPOWART
london@metronews.ca

Bike ride, you say? In this weather?

Well, if you were inside the gym at South Collegiate Institute on Wednesday afternoon you would have seen 80 students sweating it out on stationary bikes alongside the Canadian Women's National Rowing Team.

They were participating in Inside Ride, a fundraising event organized by the Coast to Coast Against Cancer Foundation, a charity that raises money to help kids and families battling cancer.

But they do it a little differently.

Charitable training

"It is a great idea. We can get out into the community and it is a good way to cross-train on days like today with all the snow outside and when we can't get on the water." Rowing team member Rosie DeBoef

"The best thing about our events is that we have a 100 per cent donation model," says Kealey Clarke, who is a Western University student and volunteer with the charity.

"So every donation that the kids, the rowing team and adults raise, 100 per cent of that (money) gets passed on to the charities and initiatives that we support. So it is super cool, and really unheard of," said Clarke.

In the more than 10 years that the charity has existed, they have raised and placed into the community more than $30 million. More than $7,000 was raised at the South Collegiate event.

The charity is able to do this because they also have corporate donations that look after the operational expenses.

Salary caps. Horwath looks to trim public CEO paydays

Ontario's New Democrats want to cap the salaries of CEOs at hospitals, electrical utilities and all public-sector agencies at $418,000, twice the premier's annual salary.

NDP Leader Andrea Horwath says taxpayers are not being respected when Ontario Power Generation CEO Tom Mitchell is paid $1.7 million a year while homeowners pay some of the highest electricity rates in Canada.

And she says nurses are being laid off while hospital CEOs pull in hundreds of thousands of dollars a year.

Horwath says her bill to put a ceiling on compensation for public-sector bosses mirrors similar laws in France and the United States, where President Barack Obama put a $400,000 cap on executives whose companies receive public money.

Her private member's bill would allow for some exemptions on a case-by-case basis for executives with very specific skill sets, such as nuclear engineers.

Government Services Minister John Milloy says the Liberals have agreed to consider hard caps on some public sector salaries, and promises to "implement new measures in the coming months."

Milloy points out the government already froze salaries for executives at hospitals, universities, colleges, school boards and provincially owned electricity companies as part of its deficit-fighting efforts.

THE CANADIAN PRESS

Western U event to tackle bullying, mental health

An event designed to promote an inclusive atmosphere on campus is to be staged at Western University Thursday night.

Western's OneLove will be hosted by former MTV Canada personality Jessi Cruickshank at 8 p.m. at Alumni Hall.

It's unique among universities in Canada, say the leaders at the University Students' Council, and has been running for three years.

Speakers and performers address a variety of topics that have included mental health, bullying and LGBT rights.

But this event is the first time OneLove has been open to the entire student body and the community in London.

OneLove mixes entertainment with a powerful message; that even though university can be a time of upheaval, challenges and a struggle to find identity, Western is a safe and supportive place for that growth to happen.

Thursday's event features Sonya JF Barnett, co-founder of Slut Walk, poet Shane Koyczan, singer-songwriter Molly Thomason, mental-health advocate Mark Henick, and Caroline Pugh-Roberts, a former human-trafficking victim and activist.

People can buy tickets via the U.S.C.'s website, in person at Western Connections for $5, or at the door for $10.

METRO

Salvation Army asks you to spot Sally Ann

Get ready to say I Saw Sally Ann, because that's the name of a new campaign to raise awareness about the Salvation Army.

As well as making sure people know about the organization's work, it offers a chance to win prizes.

Perron Goodyear of the Salvation Army said people who spot the mascot Sally Ann should tweet a picture of her to @TSALondon, using the hashtag #IsawSallyAnn and stating her location.

Prizes include two nights in a luxury downtown Toronto hotel.

Sally Ann could be anywhere around London between now and Christmas.

To find out more about the Salvation Army's Christmas campaigns, visit fillthekettle.com.

People can also support by donating items, especially toys. There is also a need for kettle volunteers gathering donations around the city.

THE CANADIAN PRESS

Fillthekettle.com

The website allows people to set up an "iKettle," which works like an online donation centre.

- Family and friends can be invited to help out — and any donations made in London stay in London, said Goodyear.
- The Salvation Army is expected to help more than 6,000 households this year, up from 5,800 last year.
- Kettles will be out until Christmas Eve, at 50 locations across the city.

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Christmas musical becomes Christmas miracle for deaf

The Emoti-Chair. Invention lets hearing impaired join in on A Christmas Carol

MARK SPOWART
london@metronews.ca

A remarkable invention is being put to use in London, allowing people with hearing impairment to join a musical experience.

Orchestra London is once again partnering up with the Unity Project to present a dramatic reading of Charles Dickens' A Christmas Carol — and this year, they are adding technology so deaf people can enjoy it too.

"We have always worked to make the show accessible and inclusive, which is an extension of the Unity Project's own values. We are thrilled with the opportunity to be, more or less, the world premiere of using the Emoti-Chair in this type of setting," said Silvia Langer of the Unity Project.

Reality check

"We like to believe we are an inclusive society, but we are not."

Media artist David Bobier, who is bringing the chair to London.

Attend the show

A Christmas Carol, featuring Orchestra London, the London Singers and the H.B. Beal Singers, will be presented on Dec. 11 at 7 p.m. at Centennial Hall.

- Admission is pay-what-you-can at the door.

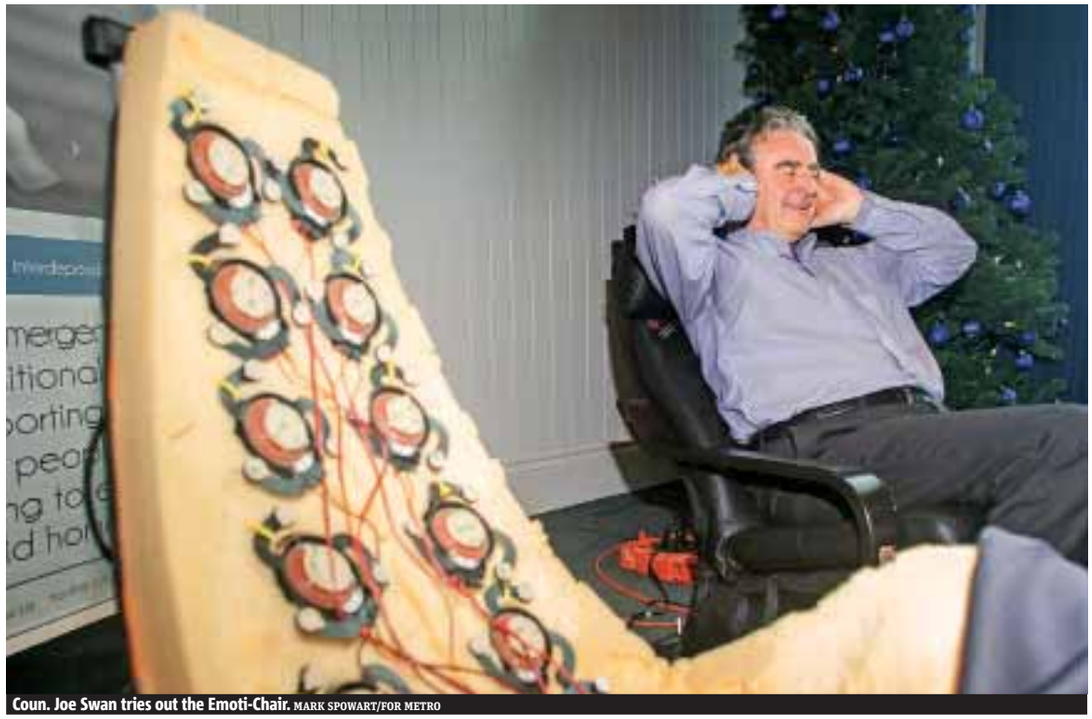
The Emoti-Chair is an audio-tactile device that delivers sonic information as vibro-tactile stimuli, using the skin as a conductor.

There will be nine of them available at this year's performance.

Brandon Dunster has lived his entire life without the ability to hear. He was one the first people in London to try the chair.

Brandon took a seat as two musicians played a variety of seasonal music. Within moments, it was clear by the expression on his face that he was experiencing something for the very first time.

Using his mother Heather as a translator, Brandon said: "It's good to feel the different levels in the music." His mother fought back tears of joy.



Coun. Joe Swan tries out the Emoti-Chair. MARK SPOWART/FOR METRO

The chair is being brought to London by David Bobier in conjunction with Ryerson University's Inclusive Media and Design Centre, where it was developed.

Bobier, a media artist and father of two deaf children, sees the chair as an opportunity to bring music to a large segment of the population.

"We like to believe we are an inclusive society, but we are not," said Bobier.

"Our society is based so heavily on seeing and hearing, and for a portion of people that is not possible.

"This chair ... conveys sounds, with lower frequencies transmitted to your lower back and upper legs, and higher notes transmitted to your upper back and shoulders.

"There are a number of different ways the chair can be used; we are just starting to discover them."

Musicians describe odd new sensory experience

Providing the music for everyone to feel in the chair was the brother and sister duo of Tyler and Vanessa-An Tran, both students at Central High School.

Vanessa-An was the first to try the chair. She donned the protective ear wear, closed her eyes and took a seat as her brother began to play.

"I could feel the music much in the same way that I feel the music when I play the viola," she said.

"While I could not see the notes, if I was to take a pen and piece of paper, I could easily have written what I was feeling while sitting in the chair.

Vibrato

"While I could not see the notes, if I was to take a pen and piece of paper, I could easily have written what I was feeling while sitting in the chair."

Vanessa-An Tran, a Central High School Student and viola player

"As a musician, I could use the chair to learn where I would need to play low notes deeper on my instrument. The feeling is very similar to what I feel when I play on my own," said the 16-year-old, who was surprised at the amount of detail she was feeling when seated.

Tyler was next in the chair, and his experience was much like his sister's.

"It was like a snake was moving up and down my back as the different ranges of notes were being played," said Tyler.

MARK SPOWART/FOR METRO

Vanessa-An Tran, who helped provide music for those using the chair. MARK SPOWART/FOR METRO

Carbon monoxide alarms. Grieving family hopes to push law to rest of Canada

A family whose personal tragedy sparked a five-year battle to make carbon monoxide detectors mandatory in all Ontario homes hopes other provinces will follow suit.

The Hawkins Gignac Act — named after members of a Woodstock family who died from carbon monoxide poisoning in 2008 — passed Wednesday in the legislature, paving the way for CO alarms, like smoke detectors, to be used in all homes.

John Gignac, whose niece died along with her husband and two children, said his family will never be able to fully recover. But the legislation allows their memory to live on.

"The family didn't die for no reason. It's helping to educate Canadians on the dangers of carbon monoxide," he said.

Carbon monoxide is colourless, odourless and tasteless, making it very difficult to detect.

THE CANADIAN PRESS

No excuse

"I don't think there's any province immune to carbon monoxide poisoning."

Conservative MPP Ernie Hardeman, who pushed for the changes for five years

Art Canada Institute

London's Jack Chambers star of online book

He's described as one of this country's most important artists, but few people know much about London's late, great Jack Chambers.

Launching Thursday, Jack Chambers: Life & Work is the first title in a series of 50 free online art books that will hopefully make artists like Chambers better known to the masses.

"Over the next few years, the Art Canada Institute (ACI) has many different programs planned," said executive director Sara Angel. "Our first program is the Canadian Online Art Book Project."

That project will eventually turn out to be a series of online art books on key topics and themes in Canadian art history.

"All of the books that we're releasing in our program are free and the reason these books are being created is to make Canadian art history as accessible to the widest audience possible."

See it at aci-iac.ca.

SCOTT TAYLOR/METRO

Physical altercation

Multiple charges after two incidents

Three Ingersoll men face a slew of charges after police say mischief became physical in Ingersoll in the early hours of Nov. 23.

The Oxford County OPP report the incident began with mischief occurring at a residence on Thames Street North, which then led to a physical altercation at a second address on the same street.

As a result of the investigation, three men who are all known to each other were charged.

Myles Desnomie, 21, is charged with uttering threats, possession of a weapon for a dangerous purpose, break-and-enter, robbery, mischief under $5,000, possession of property obtained by crime, assault with a weapon and theft. Tanner Steeves, 18, is charged with possession of a weapon and mischief under $5,000. Tyler Bradt, 22, also has been charged with possession of a weapon and mischief under $5,000.

Desnomie is still in custody. SCOTT TAYLOR/METRO

People were struggling through the snow — again — in downtown London Wednesday. MARK SPOWART/FOR METRO

Oh snow — here we go again with the powder

'Tis the season to be shovelling. No respite for London, but city has seen worse

SCOTT TAYLOR
scott.taylor@metronews.ca

It's a lot of snow, agreed The Weather Network meteorologist Dayna Vettese, but snow squalls are common to the London area and there have been plenty of worse storms than those we've suffered through this week.

"London towards Strathroy and the 402, as well as up around Georgian Bay, are all prone to snow squalls at this time of year," she said.

"We generally see them at this time of year because they need the cold air moving over the relatively warm water of the Great Lakes."

Fortunately, she said last weekend's dump of 25 to 70 centimetres of snow together with Wednesday night's accumulation should be it for the foreseeable future.

"The winter should average out to near normal for both precipitation and temperature. That said, we'll likely have periods like this of stormier weather offset by a lengthy period of calmer weather," Vettese said.

"The first couple of weeks of December will be on the cold side, but it does look dry. There might be some lake effect for the next couple of days, and then it will be dry.

"The average accumulation for London in all of November, by the way, is 20 centimetres, if you want to be generous, so it's certainly above average for the London area to see this much snow. It's not unheard of, but it's certainly above the norm."

As the white stuff began to fall again late Wednesday afternoon, Vettese took one more look and confirmed that the London-Strathroy corridor appeared to be right in nature's crosshairs.

Follow Scott Taylor on Twitter @taylorinlondon

Remember the winter of 1977?

Snowfall is just one of London's quirks: Expert

On Dec. 7, 1977, at London International Airport, we had close to 60 centimetres of snow in a 24-hour period. It's possible areas on the west side of the city saw as much as 70 centimetres last weekend, but the official measurement comes from the weather station at the airport, Vettese said.

"In that month over a five-day period, there was 120 centimetres of snow at London Airport. Dec. 5 to 10 is the snowiest period ever recorded at the airport."

She laughed when she thought of the chaos, but said not everyone might have been unhappy.

"The kids must have had a lot of snow days."

Every area of this large country has its own quirks, she added.

"Montreal tends to get a lot of freezing-rain events and that type of thing," she said. "In Edmonton, it's just cold, and here in London, we get the snow." SCOTT TAYLOR/METRO

Rob Ford. Judge allows release of 'significant' new police drug case data

More information on the "extensive" police investigation into disgraced Toronto Mayor Rob Ford should be released as it is of "very significant public interest," a judge ruled Wednesday.

Portions of the police document that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The document, containing allegations not proven in court, was filed in the drug case of Ford's friend Alexander Lisi, though it mostly focuses on the mayor. The actual release is on hold until Dec. 6. THE CANADIAN PRESS

Quoted

"The actions of the mayor are a matter of very significant public interest and concern."
Justice Ian Nordheimer

Toronto Mayor Rob Ford has denied consorting with prostitutes and insists he is not an alcoholic or drug addict. CHRIS YOUNG/THE CANADIAN PRESS

Ford feedback. Why isn't he in the slammer? asks an amazed U.S. sheriff

A U.S. sheriff who has just charged a town mayor with drug offences said Wednesday it's a head-scratcher why crack-smoker Rob Ford is still in office — and out of jail.

Gordon Smith, a sheriff from Bradford County in Florida, said he's watched the Ford scandal unfold with amazement. "He's so flamboyant, he's out there, he's kind of smearing it in Torontonians' faces, saying, 'What are you going to do?'"

Smith said he wouldn't put up with illicit drug activity, regardless of who is involved. "This isn't Toronto," he said. THE CANADIAN PRESS

Court arguments

Naked judge panel in spotlight

Lawyers argued Wednesday over whether the Federal Court has the authority to review a panel looking into the case of a Manitoba judge whose nude photos ended up on the Internet.

Manitoba Queen's Bench Justice Lori Douglas' lawyers have sought a judicial review, alleging a panel investigating her is biased.
THE CANADIAN PRESS

Teen charged

When a slap is not a game

An 18-year-old student in Tilbury, Ont., is facing assault charges after a schoolyard game left another student with concussion.

Police say a 16-year-old student offered to let classmates slap him for cash. But after one slap he lost consciousness and struck his head on the ground. It's unclear how much money he received.
LUKE SIMCOE/METRO ONLINE

'Hillbilly heroin' gets green light in Canada

Banned in U.S. Ottawa officials approve generic painkiller oxycodone despite warnings from experts south of the border

Oxycodone is often referred to as "hillbilly heroin." The U.S. warns about its generic use. GRAEME ROY/THE CANADIAN PRESS

Health Canada has approved a generic, addictive form of oxycodone just as U.S. officials urge their Canadian counterparts to ban such formulations of the painkiller — often known as "hillbilly heroin."

The green light to Ranbaxy, India's biggest drug maker, came soon after Gil Kerlikowske, director of the White House Office of Drug Control Policy, reminded Health Minister Rona Ambrose of the dangers posed by generic forms of the opioid.

The U.S. has banned generic oxycodone because it's too easy for addicts to snort or inject. Only tamper-resistant forms of the drug can be sold stateside.

American officials say the U.S. is dealing with a painkiller abuse epidemic that is killing tens of thousands of people a year.

Ambrose hinted last month she was looking into the issue of tamper-resistance and signalled the government would expand its national anti-drug strategy.

"Prescription drug abuse is a growing problem that we are working with provinces and territories to address," Ambrose said Wednesday.

She added the Tories are also attempting to tighten licensing rules that would help prevent the trafficking of addictive prescription drugs.

She didn't comment on why Health Canada bureaucrats are continuing to approve generic, addictive forms of oxycodone.

Health Canada defended itself, saying it "rigorously" assesses every drug's safety and efficacy. "These decisions are made by experts in the department based on science; the minister is not consulted on day-to-day drug approvals," said spokesperson Leslie Meerburg. THE CANADIAN PRESS

Fast facts

What you need to know about oxycodone.

- **What is it?** A powerful narcotic used to treat moderate to severe short-term or long-term pain, as well as to treat terminally-ill patients.
- **What does it do?** It produces an opiate-like effect similar to morphine and can lead to abuse.
- **Brand names?** OxyContin, Percocet, Endocet, Oxycocet, Percodan, Endodan, Oxycodan, Supeudol, OxylR, OxyNEO.
- **How is it abused?** Generic forms of the drug can be chewed or crushed and then inhaled or injected. The oxycodone is then absorbed rapidly and produces a heroin-like euphoria.

'Bunga bunga' Berlusconi is out

The Italian Senate on Wednesday expelled three-time ex-premier Silvio Berlusconi from parliament over his tax fraud conviction.

The move ends his two-decade run for now, but not his political career.

Berlusconi, renowned for his "bunga bunga" parties, has warned the move will embarrass Italy internationally.

He maintained his defiance even as the Senate voted, addressing a cheering crowd outside his Roman palazzo a short walk away.

"We are here on a bitter day, a day of mourning for democracy," Berlusconi said.

The Senate vote stems from a 2012 law that bans anyone sentenced to more than two years in prison from holding or running for public office for six years.

Even though he won't hold a seat in parliament for at least six years, 77-year-old Berlusconi pledged to remain involved in politics. THE ASSOCIATED PRESS

Silvio Berlusconi and girlfriend Francesca Pascale leave a rally in Rome on Wednesday. "From outside parliament we can continue to fight for our liberty," he said. ROBERTO MONALDO/LAPRESSE/THE ASSOCIATED PRESS

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Focus on commerce

Pushing 'economic diplomacy' top priority for Canada

The Harper government says it wants Canadian diplomats in foreign countries to re-channel their energies and resources into advancing the country's commercial interests.

Trade Minister Ed Fast has laid out a new strategic direction for Canada's foreign service called "economic diplomacy," a plan that's designed to put commerce at the heart of foreign policy.

THE CANADIAN PRESS

Home mortgages

Consider phasing out CMHC insurance: IMF

Ottawa should consider phasing out insuring home mortgage through Canada Mortgage and Housing Corp., the International Monetary Fund said Wednesday.

THE CANADIAN PRESS

Random biz fact of the day

16%

There has been a 16 per cent growth in part-time positions, year over year.
WORKOPOLIS

Market Minute

DOLLAR
94.38¢
(-0.59¢)

TSX
13,362.06 (+12.29)

OIL
$92.30 US (-$1.38)

GOLD
$1,237.80 US (-$3.60)

Natural gas: $3.91 US (+3¢)
Dow Jones: 16,072.33 (+24.53)

Zip line over alligators, vultures and crocs, oh my!

Hold on tight! Ava Martin zip lining over an alligator lagoon at the St. Augustine Alligator Farm. BRENDAN FARRINGTON/THE ASSOCIATED PRESS

Take a ride on the wild side. One of Florida's oldest tourist attractions brings in adrenaline junkies with obstacle course

I was slowly crossing a swinging log bridge when I paused, sensing the alligator 12 feet below was staring at me.

The water around the 8-foot gator's enormous body began rippling rapidly. A second later, Big Al let out a deep bellow, as if to say, "If you fall, you're my lunch."

I was grateful to be strapped in a harness.

The bridge was part of a 49-station obstacle course that includes 10 zip lines at the St. Augustine Alligator Farm. It takes visitors over crocodiles, lemurs, giant tortoises, vultures and, of course, lots of alligators.

"It's just a totally different perspective. You can go to any zoo in the world and look at them through the glass, but you can't go anywhere and look at them over the top of the enclosures like you can here," said Scott Brown, who designed and now manages the Crocodile Crossing at the zoo.

The alligator farm is fascinating enough on foot. At 120 years old, it's one of Florida's oldest tourist attractions and it is the only zoo in the world that displays all 23 crocodilian species, including the nearly extinct Philippine crocodile.

THE ASSOCIATED PRESS

Quoted

"The most amazing, awesome thing I've done ever."

Ava Martin, 53, who lives just north of St. Augustine. She and her 21-year-old son Corey were taking the course for the second time.

Phew! Shelve that Sriracha hoarding plan ... for now

A judge has ordered a plant that produces Sriracha chili sauce to stop emitting annoying odours.

Huy Fong Foods has said there is no reason to close the plant in Irwindale, Calif., now because harvest season and the subsequent grinding of red-hot jalapeno peppers — the key ingredient of the sauce — have passed.

The injunction may not have an immediate impact on the company's production or hot sauce supply as it continues its year-round mixing and bottling. THE ASSOCIATED PRESS

Don't sweat it: There's no Sriracha shortage, yet. THE ASSOCIATED PRESS FILE

Gaming. Xbox One, PS4 have failures at launch

Move over, zombies. Step aside, terrorists. Aliens, out of the way. There are a few new foes affecting gamers that are proving to be far more destructive than any on-screen villain.

With nicknames like "the blue light of death" and "the disc drive of doom," they're the game-ending glitches causing headaches for a few gamers who got the next-generation Xbox One and PlayStation 4 consoles at launch.

THE ASSOCIATED PRESS

Damage control

- **Sony Corp.** said it was replacing PS4 units of users whose new consoles malfunctioned and displayed a pulsating blue light.
- **Microsoft Corp.** said it's replacing the Xbox One units of users who have reported systems that won't read discs.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 19

metronews.ca/temp

Kitchen nightmares

There's no pay, but you can have all the abuse you want

Would you do a job where you weren't paid, were endlessly berated, forced to use dangerous equipment and denied proper medical help? Welcome to the life of a kitchen apprentice in the cutthroat culinary scene.

At times, it's like a real-life Kitchen Nightmares episode where even the most seasoned staff are berated to the point of tears.

"It is common for some cooks to be thrown under the bus by others because they don't want to look bad," one Toronto sous-chef explains of his early days in the industry.

IRENE KUAN/METRO

Seasonal work

Santa: The ultimate temp

Seasonal work as Santa pays up to $100 an hour, according to a PayScale survey. But all that non-stop cheeriness can take a toll. One Santa told the New York Post he wasn't able to leave his chair to go to the bathroom and got hit in the head with a frying pan by a scared child.

VAWN HIMMELSBACH/FOR METRO

Temp Hits an All-Time Low

Do you have a special place you go to when you're at an all-time low? Some people have a place, me I just drive and drive, past the strip malls, past the light industrial zones and past the fallow fields. After watching Kyle enter the refinery I began thinking of the world and how it's changed, even in my short life. Countries like Greece that used to be normal countries, now gutted of their middle class and overnight turned into something new and nameless, a land with no economy but with pretty good coffee and smoking hot Wi-Fi. I got to thinking of bubbles—how all we do these days is lurch from bubble to bubble. Are we in a new bubble? Is the bubble about to burst? I'm afraid of bubbles and I'm sick of bubbles—and yet I'm addicted to bubbles. Go figure.

I drove past the under-construction subdivisions that died in 2008, their 2x4s turned the grey colour of moths. I wondered if we're addicted to the idea that society without a middle class isn't really society. I wondered if maybe back in the days of Detroit, jumbo refrigerators and the Beatles we tricked ourselves into thinking that the middle class equals the future—and without a middle class we can't see pictures in our heads of what tomorrow might be. I find it strange how politicians repeat the words 'middle class' over and over again, as if doing so will allow us to pretend it still exists, that it's not evaporating daily like a puddle on a road.

Night came and I was anywhere and nowhere when my phone buzzed—it was Mr. Xu—he was back in town! And he had his big surprise all ready for me at his short-term corporate lodging suite. I couldn't remember the last time I was ever happier to get a text.

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Ah, hello capitalist lapdog. You be ready for grand surprise?"

"Shut up! I can't believe you're back!" I gave him a smooch and said, "Okay, dial me in. I am ready for your big surprise, buster."

"Apologize in advance if not good enough."

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Show me your surprise!"

"Very well."

A dropcloth concealed what was supposed to be the main living area. Mr. Xu pulled it back and I bathed in the majesty of what I saw.

He said, "Pretty kickass sexy, don't you think?"

I sucked in some breath and said, "Mr. Xu, you have truly amazed me."

Before me, in beautiful rows and shelves, lay over a thousand unique pairs of sneakers that would crash eBay in a flash if they all went up for sale at once.

TO BE CONTINUED...

Random fact of the day

- DiedInHouse.com supposedly scours millions of records to find out whether someone has died at a specific address. Real Estate agents hate it because a 'stigmatized property' can lose 10 to 15 per cent of its value.

SOURCE: OMG-FACTS.COM

Random biz fact of the day

21%

That's a lot of people lying: 21 per cent of resumés state fraudulent degrees

SOURCE: NEXCAREER

The clock is ticking

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still four days to catch up at temp.metronews.ca — before it is gone forever.

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TIPS ON (COUGH) HACKING A COLD

HE SAYS

John Mazerolle
metronews.ca

Don't you hate when co-workers get over-detailed when describing their colds?

For instance, I've got a cold that started with a throat so sore that ice cream went down like broken glass and broken glass went down like jagged steel. Then it morphed into a sinus headache that I'm sure — any scientist reading can back me up — involved a small, angry man inside my head moshing to Shipping Up to Boston. And now it's the sneezy stage where I'm moulding a mound of used tissues into the mountain from Close Encounters of the Third Kind in the hopes that aliens will take me to a planet where the common cold has been defeated.

Who needs to hear that level of detail? Nobody.

Fortunately, my co-workers haven't had to worry about it because I've been on my couch for two days wishing I had a girlfriend who would come coddle me and/or kill me with an axe.

I've stayed home because I'm not one of those office heroes who somehow believes they contribute while laying comatose at their keyboard, occasionally blowing their nose with the mouse pad. I figure my one-day absence has less impact than a particularly diverting Google doodle spreading throughout the newsroom.

During my down time, I've been reading how to avoid office colds. So in the fine tradition of has-been goaltenders telling current NHLers what they're doing wrong, or failed politicians explaining how to get elected, here are my tips on avoiding office illness:

Quitting Colds, Turkey: A Guide to Office Health

- Hand sanitizer is a misnomer, and can be used all over your body. Stepping under the wall dispenser and acting out a Miley Cyrus video until you're saturated head to toe will keep you disinfected AND keep your co-workers at a good distance for the rest of the day. Win-win.
- Licking your workspace clean hurts as much as it helps.
- Remember that Vitamin C only works in conjunction with magnetic bracelets, garlic, echinacea and, sure, why not, Reiki.
- Though many people use sanitizing sprays, remember nothing gets your keyboard clean like dropping it into a bucket of water.
- Keep your hands clenched as fists so that every time you touch your face you punch yourself.
- A large hamster ball is probably not a practical way to cordon yourself off from co-workers, but it would be awesome.
- Remember that in the bathroom, a 15-second, hot-water scrub is absolutely necessary when somebody is watching. If you think you're alone, waving your hands under lukewarm water for a second is fine. If the only other person is in a stall, just running the water is often enough to complete the illusion.
- Cough in the face of people who are already sick, because what's the harm?

And those are my tips. I hope you found them helpful, particularly my co-workers, because I'm coming in today. Sorry. On the upside, you're not going to hear any details about my cold. Cough, cough, ahem.

ZOOM

Here, let me give you an arm with that

COURTESY DYSON

Man and machine get a little cosier

Think super-human strength is reserved for the big screen?

A team of engineers are encouraging you to think again after they developed the Titan Arm — a battery-powered robotic arm that gives users an extra 40 pounds in strength, and functions to rehabilitate those with back injuries by helping them to rebuild muscle and motor control. **METRO**

Dyson award winner

- The arm recently won the 2013 James Dyson Award, beating out 650 other projects from around the world.
- The team wins $45,000 to help commercialize their idea, with an additional $15,000 going to their school.
- jamesdysonaward.org

Inexpensive design

"Titan Arm is obviously an ingenious design, but the team's use of modern, rapid — and relatively inexpensive — manufacturing techniques makes the project even more compelling."

James Dyson said of the $2,000 prototype, which is significantly less than similar exoskeletons that run $100,000.

Tech advances make life easier

A team of four University of Pennsylvania mechanical engineering students spent eight months creating it.

The arm's shoulder is made of three joints that mimic the rotation of a human elbow, allowing for free range of use.

Plus it contains sensors that track motion and relay data to doctors for remote prognosis. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

CONTRIBUTED

With Wi-Fi popping up everywhere from underground subways to in-flight planes, there's more reason to put your apps to work. Once the domain of cash-strapped students, texting over Wi-Fi's been gaining popular ground (cause who doesn't like saving money on their phone bills?). Before your next flight or trip underground, give these a try.

WhatsApp:
Works on Apple or Android phones, WhatsApp is among the most popular and lets you send texts (including pictures) to your other 'whatsApp friends.' Only downside is, you have to convince all your pals to get the app, too.

Viber:
Similar to WhatsApp, but lets you send audio, video and even make VoIP calls, too. Perfect for long distance pals.

Zipaclip:
For those who need a little more bandwidth for their texting needs, Zipaclip (as it sounds), lets you zip videos up to five minutes long, so you're no longer restricted to texting 30 second videos. Also, keeps them secure. Just in case.

Twitter

@metropicks asked: @thehappycity book says urban design that fosters social ties makes for a happy city. What makes your city a happy one?

@Canucklehead_ca: An ample supply of beer and .... umm, I .... I'll have to get back to you on this.

@Lowpass: being able to walk everywhere and the restaurants, bars and other venues that come with that.

Follow @metropicks and take part in our daily poll.

Comments

RE: When A Stalker Strikes Online, published Nov. 26

I'm appalled the police can't do anything faster or sooner. Can't believe what this poor woman has been through, first with her brother's suicide and now this. It's just awful. This stalker should be prosecuted so they can't follow through with their threats. **KH posted to metronews.ca**

Hiding behind a computer to threaten someone shows you're a real wimp, pretty pathetic and probably a low life. **turtles have a say posted to metronews.ca**

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HWY (A/T): 6.2L/100KM
CITY (A/T): 9.4L/100KM

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SCENE

When life limits your senses, find a multi-sensory platform

No Boys with Frogs.
New DNA Artspace located downtown holds first show

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Using beeswax mixed with turmeric as a medium might create a unique-smelling art piece.

With these materials, artist David Bobier stands at the street-front window of DNA Artspace, delicately constructing an eight-foot high image of a woman as a diagrammatic for the word 'welcome' in American Sign Language.

He is one of 36 artists on display at DNA Artspace's first exhibition No Boys with Frogs, opening Friday.

"I'm trying to develop multisensory experiences. I know a lot of disabled artists who are often limited in some of their senses. I look at sort of minority cultures and try to enhance the work for them. Tactile is very important as well," says Bobier, who created chairs (shown at Nuit Blanche 2012) that respond to the pitch, timbre and dynamics of music with vibrations.

"I have two children that are deaf, so I quickly became a student of the language. It's a very specific, fascinating and little-known culture," he says.

Bobier plays with sound and vibration in his installation by mounting a vibrating speaker on the window that plays the word 'welcome' in dozens of languages.

"Glass is a great conductor so you get this large, full, ambient sound," says the artist, who is the leader of VibraFusionLab (a studio developing vibro-tactile art) as well as London Ontario Media Arts Association, both located at DNA Artspace.

The No Boys with Frogs exhibition is site-specific, meaning the artists react to the space to create their installations. The three-storey building is unique because it's still laden with the history of its former owners — Fodemesi Shoes.

"It's not renovated yet, so artists can build into walls and floors and ceilings. You have full range of the space because it's going to be torn down," says artist Jenna Faye Powell (also the gallery director of Forest City Gallery).

Powell's installation is situated in the former cash-register area on the main floor and features a pathetic yet endearing cast of abandoned office paraphernalia — including sculptures of dehydrated potted plants, and paintings of abandoned stationery and a wall calendar.

"It works out well I was given this space because I find inspiration from things that happen in work environments. In my work I try to use humour and optimism as attitudes to escape the real or fake constraints of the workplace or life," says Powell.

The show opens Friday at 7 p.m. and runs until Dec. 15. DNA Artspace is located downtown at 123 Dundas St.

Around town ...

- **East Village Coffeehouse.** Will reopen its doors to the tunes of Vancouver-based Reid Jamieson on Friday. Doors open at 7 p.m. and tickets are $10.
- **Music.** Soupcans, Odonis Odonis, Teenager and Moon Hag take the stage at The Black Shire Pub on Saturday. Doors open at 9 p.m. and cover is $7.

Artist David Bobier puts the finishing touches on his eight-foot tall wax figure on a glass window at DNA Artspace.
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While my guitar gently weeps: Book shows off some of rock 'n' roll's best tear-jerkers

Call her Baby. 108 Rock Star Guitars book celebrates beloved instruments and their battle-axe beauty

Sometimes, a picture is worth a thousand songs.

The supersized book 108 Rock Star Guitars (Glitterati Inc.) demonstrates that six-stringed instruments owned by celebrities and virtuoso sidemen can look as good as they rock. The 17-year undertaking by photographer Lisa S. Johnson partly benefits the Les Paul Foundation. Paul, the Rock Hall musician-inventor, wrote the foreword before he died.

Not a guitar geek? Don't fret.

Whether you define "pickup" as a truck, a dating technique or a guitar part, you can revel in the glitz-and-grit world where these prized possessions reside. The instruments (one's named Baby) evoke tender talk from macho musicians. But some of these battle-axe beauties have seen more action than a roller derby queen: They bear the gashes and sweat stains to prove it.

The author, who grew up in a musical family, underscores musicians' emotional attachment to their instruments. "I don't believe any serious musician feels that his instrument is an inanimate object," Tom Scholz of the group Boston tells Johnson.

Steve Vai, who went solo after playing with Frank Zappa's band, once described his guitar as "the voice of my heart" in moments of depression, euphoria and "divine love. ... I have cried, screamed, prayed and bled through that instrument."

The book lauds the instrument-makers, called luthiers, and the techs, along with the guitars.

Pawnshop wallflowers blossom into unbridled stardom. There are kaleidoscopic, patriotic and wildcat patterns; gorgeous maple and mahogany; and delicate carvings of leaves and acorns.

Some seem to revel in musical masochism, like Slash of Guns N' Roses' cigarette carelessness. As the story goes, the guitarist was "one with the music" while accidentally inflicting a "charred reminder of rock 'n' roll nirvana" on his guitar.

John Rzeznik (Goo Goo Dolls) resurrected a broken Stratocaster into a 4-string. The word "OUCH!" is splayed over its torso; it's now named Halfcaster.

"I was amazed when I threw the guitar in the air and the top portion split right off," Rzeznik recalled via email. "I had my guitar tech take it to a luthier in L.A. who sanded off the rough edges and fixed the electronics.

"I used it on a song called Big Machine for a couple years after that. Surprisingly, the tone didn't really change; it was a cheap guitar that didn't sound that great to begin with. Ha ha!"

The appreciation of instruments as visual art is an age-old concept. They "may evoke status, identity, or indicate events — sacred or profane," comments J. Kenneth Moore, the Frederick P. Rose curator in charge of the Department of Musical Instruments at The Metropolitan Museum of Art in New York City. "They become sounding, tangible works of art — telling many stories of the life and times of those who used them," he said.

When Mom made young Nils Lofgren a Nehru jacket and bell-bottom pants out of drapes, he proudly stuck leftover fabric on his guitar so it matched his new suit.

The book also features a famous, battered Fender Esquire owned by Lofgren's boss, Bruce Springsteen.

Willie Nelson's Trigger, named for movie-cowboy Roy Rogers' horse, bears dozens of autographs, including Leon Russell, Roger Miller, Kris Kristofferson, Gene Autry, Waylon Jennings and Johnny Cash. Trigger's top is worn clear through; Nelson chooses to leave it that way. "The two of them," notes the book, "continue to mature together." Life partners in perfect harmony. THE ASSOCIATED PRESS

This guitar owned by James 'J.Y.' Young of Styx bears an elaborate carving of Cerberus, ancient mythology's three-headed guard dog of the underworld. It's featured in Lisa S. Johnson's new book, 108 Rock Star Guitars. ALL PHOTOS LISA S. JOHNSON/THE ASSOCIATED

Ticket to rock 'n' roll heaven

Activist-musician Tom Morello (Rage Against the Machine) scrawled jarring jargon over drawings of happy hippos on his axe.

Willie Nelson's guitar, Trigger, has a hole worn through it, and is inscribed with dozens of autographs.

John Rzeznik of the Goo Goo Dolls resurrected a broken Stratocaster into a 4-string, named Halfcaster

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Alec Baldwin

Baldwin loses his talk show but is still 'half' defiant over anti-gay slurs

Alec Baldwin has lost his talk show, which was officially cancelled by MSNBC in the wake of multiple controversies involving the former 30 Rock star, but Baldwin is still looking to set the record straight about what he may or may not have said to a photographer when he used an anti-gay slur. "I dispute half the comment I made," Baldwin tells the website Gothamist. "'F—t' is not the word that came out of my mouth. That I know. But you've got the fundamentalist wing of gay advocacy — (GLAAD communications VP) Rich Ferraro and (blogger) Andrew Sullivan — they're out there, they've got you. Rich Ferraro, this is probably one of his greatest triumphs. They killed my show. And I have to take some responsibility for that myself."

Jennifer Love Hewitt

Hewitt's baby-marriage double kept on down low

Jennifer Love Hewitt likes to keep things quiet. The former Ghost Whisperer star gave birth to a daughter, Autumn James Hallisay, on Tuesday, and her rep used the birth announcement to sneak in the fact that Hewitt has also quietly married fiancé Brian Hallisay. "Jennifer Love Hewitt and her husband, Brian Hallisay, are thrilled to announce the birth of their daughter," her rep tells Us Weekly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Thanksgiving holiday conversations: The celebrity version

THE WORD
Dorothy Robinson
scene@metronews.ca

What do the rich and famous do over the American Thanksgiving break? I have a feeling they are doing something fabulous and not doing what we do — hanging out in the townie bars in our hometown drinking cheap domestics with people from high school.

However, what if they did? For this special edition of The Word, Metro staffers imagined what kind of discussions the rich and famous have at their hometown hangs.

"Oh ... Kelly and Michelle ... Hi! Um, how long have you guys been bartending here?" **— Beyoncé**

"So, do you text?" **— Anthony Weiner**

"I don't know, y'all. Have I made enough of a statement this year that I am finally a woman?" **— Miley Cyrus**

"Guys, I know it's not like me to walk away from a fight, but if I get nabbed one more time for beating somebody up, I'll go away for a long time. Now, let's just chill, get another pitcher of Miller Lite and play some Keno." **— Chris Brown**

"Oh man, bro, last time I saw you, we were, what, in middle school? Can't believe it's been five years!" **— Justin Bieber**

"Wait, what?! You prefer the dark meat? Oh, hell no! Bartender, keep the White Russians comin' sugar ... " **— Paula Deen**

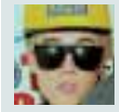
Frankie Muniz ALL IMAGES GETTY

Frightened Muniz suffers another mini-stroke

At 27 years old, Frankie Muniz isn't having the best time, health-wise. "Almost a year to the day, I experienced another mini-stroke," Muniz posted to Twitter. "Hopefully that will be the last. Miserable." A mini-stroke consists of tiny lapses in blood flow to the brain.

Last year he related to Good Morning America how frightening the experience can be: "I couldn't say any words," he said. "I thought I was saying them. My fiancée was looking at me as if I was speaking a foreign language."

Twitter



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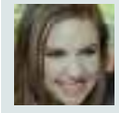

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SHOPPERS DRUG MART

Expert offers no-bull tactics to scoring best Black Friday deals

Run, bargain hunter, run. If you are brave enough to participate in a crush of crazy shoppers this Friday, you need some tips

MAJA LUNDAGER
Metro World News in New York

Braving Black Friday crowds this year? You need survival skills! ISTOCK

If you look up Black Friday on YouTube, you're bound to find a lot of videos with terrible titles like Black Friday Fights, Black Friday Disasters or Black Friday 2012 Madness. But the horrifying stigma of this day doesn't seem to scare the thousands of brave shoppers who voluntarily run with the big box store crowd, fighting for killer deals on last year's food processor.

As with all other extreme sports, you need to prepare for Black Friday shopping. We went to the best: Mark Hellmann Regouby.

Is Regouby an experienced Black Friday shopper? Not really. But he'll do you one better. He's the founder of the travel company Running of the Bulls, Inc., which puts tourists up close and personal with the animals at the annual event in Pamplona, Spain. Here's his advice for braving big crowds.

Before you go in

"We tell them … watch the Bull Run first so they can see how it works and understand the flow of the people and the bulls and make their strategy from overviewed conditions," he says. This is where the aforementioned YouTube search for Black Friday videos will come in handy. But the preparation doesn't stop here. If you were planning to hit the bottle to take the edge off of Black Friday shopping, you'd better think twice. "The No. 1 rule is to arrive sober," Regouby says. "No. 2 is to get a good night's sleep. No. 3 is to have 360-degree awareness. Always try to be aware of who is in front, behind and beside you. Really get a sense of being in the place."

Surviving in the heat of battle

"The best runners always say you stake out your territory," says Regouby. "You use your arms and don't let anybody get too much in your way. Swing your arms and keep in your elbows to make sure you've got your own space that you need in order to run without tripping."

This sounds extreme, but seriously, do you want that food processor or not?

If you go down

There have only been 15 deaths since the beginning of the Bull Run in Pamplona in 1910, but broken wrists and bloodied chins are the norm. According to Regouby, there are more falls and injuries because of humans tripping over each other than because of the bulls. We can, with some certainty, say the same about Black Friday, except that the National Retail Federation in the U.S. — the homeland of Black Friday — has only reported one trampling death: In 2008 a Walmart employee was crushed in a stampede. So what do you do if you go down?

"The most important rule of all is if you go down, stay down. The bulls are actually talented at stepping over obstacles and as long as you cover your head and stay down and don't move, they can plan to step over you."

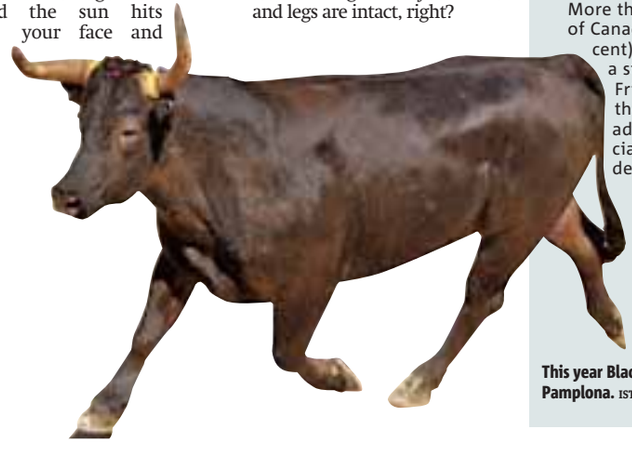
We can only hope the same counts for the herds at Best Buy and Target. Actually, we're going to say that the people waiting in the cold to buy stuff at discount prices are NOT talented at stepping over obstacles, so we advise just trying to roll to safety!

When you succeed

Regouby says that a run like the one in Pamplona is for people who want to be in touch with their own mortality and live their lives to the fullest.

"I have [run with the bulls] four times and it's still pretty incredible," he says. "You arrive in this huge arena and the sun hits your face and the air is fresh again, and you can't believe you are alive."

That sounds a bit like waking up way too early on Black Friday and shortly afterward hauling bags of discounted goods to the parking lot, realizing all of your arms and legs are intact, right?



This year Black Friday. Next? Pamplona. ISTOCK

Canadian context

While Black Friday is a relatively new shopping event in Canada, the day's quick rise in popularity among Canadians is having an impact on Canuck retailers' holiday sales strategy. Consulting firm Accenture recently released the results of a survey into the habits of Canadians when it comes to Black Friday. Here are some findings:

- **Hungry for the best deals.** Almost two thirds of Canadians surveyed plan to shop at U.S. retailers, online or in-store, on Black Friday and throughout the holiday season.
- **Boxing Day.** Is still believed by many (44 per cent) to offer the best deals of the season in Canada, Canadians feel retailers in Canada are not doing enough to compete with U.S. stores on Black Friday.
- **Go south.** When Canadians surveyed were asked when they believed they would see the best deals of the holiday season (either in Canada or the U.S.), Black Friday in the U.S. was cited by almost half (42 per cent), while less than a quarter (23 per cent) said the best deals were to be had on Black Friday in Canada.
- **Bust down the door.** More than a quarter of Canadians (27 per cent) would shop in a store on Black Friday because they want to take advantage of special door buster deals.

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One for under the tree, and another one for me

'Tis the season to save on style. Self-shopping becoming less of a secret shame as fashionistas embrace this optimal time to buy their beauty booty

Getting up early on Black Friday for a little shopping? Doing your part on Small Business Saturday and Cyber Monday, too? It's all in the name of gift-giving — or at least the guise of it.

It seems a lot of consumers are using these sales and retail events to treat themselves to a little something new.

As a group, self-shoppers are growing, says Marshal Cohen, chief analyst of The NPD Group, Inc., a consumer insight company. He puts the number at 20 per cent, up from five per cent in the early 2000s.

"I started tracking people shopping for themselves about 10 years ago. I was at a Black Friday in a Macy's in a suburban location in Long Island," he recalls. "This woman has one arm filled with a few things, maybe a dress and a few sweaters, and another with 12 items."

Guess which hand had the future presents for her two sisters and a friend?

It's a similar scene in Loft stores already this year, says Lori Leslie-Robbins, director of client experience for the retailer. "For us, the telltale sign that someone is shopping for themselves is that our fitting rooms stay busy for the holidays. She's trying clothes on, and you don't need to do that for a gift."

Leslie-Robbins overheard this past weekend a conversation between a sales associate and customer in the dressing room that went something like this: The shopper was in the dressing room choosing between a dress and a tuxedo-jacket-and-denim-jeans combo, and was taking seriously this choice of what to wear to a co-worker's at-home holiday party. When the associate asked if she'd also considered a hostess gift, the response was, "I'm not there yet."

We're certain Santa would encourage doing something nice for yourself this yuletide. ISTOCK

Because of the deep discounts, shoppers see this as an opportunity to replenish their own wardrobes and homes with less guilt than buying the new pair of jeans, for example, at full price, Cohen says. Those same shoppers might not feel that way about a gift for someone else.

He says especially the early-bird holiday shoppers are looking for the sales for themselves, while the transactions made closer to Christmas are more likely to be bona fide gifts. He can also tell by what you're buying: If it's electronics or footwear, it's probably for you; fragrance is a go-to gift item, with 20 per cent of annual sales happening in the five days before Christmas, according to NPD.

Rachel DiCarlo is a fan of the one-for-me, one-for-you theory. Jewellery and scarves, perfectly good gifts for others, are also the items she tends to buy for herself.

Last year, she couldn't resist the initial necklaces she was buying for so many others. "I was getting the Ls, the Js, and I thought, 'I should buy an R.'"

She is the vice-president of public relations at American Eagle Outfitters and, in her office, everyone tends to dress similarly.

So, she says with a laugh, it makes sense to get for herself the shirt or accessory she is getting for the members in her team — although, everyone gets a different colour.

THE ASSOCIATED PRESS

You deserve a good deal

Many of the self-purchases Loft's Leslie-Robbins sees in stores are those that solve problems or have a focused end use — this tends to alleviate that pang of guilt, she says.

- A woman needs to buy herself the items no one else will buy her, right? muses Robin White, global press director of beauty brand Philosophy. There's also "the stuff you need" and "the stuff you enjoy buying."
- She takes pleasure, for example, in a new tube of eye cream — it really makes her day, she says, but it's not quite what she'd want to unwrap Christmas morning. That makes it the perfect self-purchase.

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Usher in the holiday baking season with rich Lemon Walnut Bars

Ingredients

- 1/2 cup butter
- 1 cup large-flake rolled oats
- 1 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1/2 cup unsweetened shredded coconut
- 1/2 cup ground walnuts
- 1 tsp baking powder
- 1 300 ml can condensed milk (about 1 1/4 cups)
- 1/2 cup lemon juice, freshly squeezed (about 2 lemons)

You Will Need

- (9- x 9-inch) pan buttered and lined with parchment paper

This recipe makes 16 bars. ALL PHOTOS JANIS NICOLAY

1. Preheat the oven to 350 F.

2. In a small saucepan over low heat, melt the butter (or melt in the microwave for about 30 seconds on high).

3. In a large bowl, combine the oats, flour, sugar, coconut, ground walnuts and baking powder. Pour in the melted butter and mix with a spatula or large spoon until the butter is evenly distributed. Press half the oat mixture into the prepared pan firmly and evenly.

4. In a medium mixing bowl, whisk together the condensed milk and lemon juice until fully combined and slightly thickened. Pour the lemon mixture over the base. Use the back of a spoon or a small offset spatula to spread the filling evenly across the base. Sprinkle the remaining half of the oat mixture over the filling.

5. Bake in the preheated oven for 22 to 25 minutes or until the top is a golden brown.

6. Remove from the oven and allow to cool completely in the pan.

7. Run a small knife along the two edges of the pan that do not have parchment handles. Carefully remove the slabs from the pan and cut into approximately 2- x 2-inch bars. Make sure to use at least a 10-inch knife to avoid cutting and dragging the knife across the bars. RECIPES EXCERPTED FROM BUTTER BAKED GOODS. COPYRIGHT © 2013 ROSIE DAYKIN. PUBLISHED BY APPETITE BY RANDOM HOUSE, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Cookbook of the Week

Get to sifting

Before it was a book filled with 100 recipes, Butter Baked Goods was (and still is) a tiny bakery in Vancouver. Opened by the author of the book, Rosie Daykin, it is known as the home of the very best gourmet marshmallow in North America.

In Butter Baked Goods, Daykin shares homemade treats and childhood favourites through instructions that are easy to follow.

Among the delicacies in the book are: Butter's Chocolate Cake, Red Velvet Cupcakes, Peanut Butter Balls and more. METRO

Dessert. Vanilla Shortbread

Ingredients

- 1 cup butter, room temperature
- 1 cup icing sugar
- 2 1/4 cups all-purpose flour
- 2 tbsp pure vanilla

Finishing

- 1/2 cup granulated sugar, for dusting

You Will Need

- 2 cookie sheets lined with parchment paper, 2 1/2-inch circular cutter with scalloped edge

1. Preheat the oven to 325 F.

2. In a stand mixer fitted with a paddle attachment, cream the butter and icing sugar on medium to high speed until light and fluffy. Scrape down the sides of the bowl.

3. Turn the mixer to low and add the flour and mix until just combined. Scrape down the sides of the bowl. Add the vanilla and mix to combine.

4. Place dough on a lightly floured work surface. Use a rolling pin to roll out the dough to about 1/4 inch thick. Use the circular cutter to cut out 24 circles. Transfer to the prepared cookie sheets and place about 1/2 inch apart.

5. Bake in the preheated oven for 15 minutes or until the cookies are lightly golden brown around the edges.

6. Remove from oven and sprinkle the cookies generously with granulated sugar while still warm. Transfer to wire racks to cool.

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†In order to be eligible to win the grand prize, you must follow these requirements and your entry must be received between Friday, November 15, 2013 and Friday, December 20, 2013:

1. You must fill in your name, mailing address with postal code, e-mail address and telephone number into the contest computer kiosk located at White Oaks Mall in the Bay Court or submit at White Oaks Mall a completed entry form during the contest period. All ballot entries are subject to verification and will be declared invalid if they are incomplete, altered or tampered with in any way.

2. You can submit only once during any one week and can enter multiple weeks up to a total of five (5) entries as per weeks listed below:
November 15, 2013 9:30 a.m. to November 22, 2013 9:30 p.m. November 23, 2013 9:30 a.m. to November 29, 2013 9:30 p.m.
November 30, 2013 9:30 a.m. to December 06, 2013 9:30 p.m. December 07, 2013 9:30 a.m. to December 13, 2013 9:30 p.m.
December 14, 2013 9:30 a.m. to December 20, 2013 9:30 p.m.

Each week during the contest period two (2) qualifiers will be selected for the final Grand Prize draw. A qualifier can only qualify once during the contest period. All qualifiers must be present on December 23, 2103 at White Oaks Mall to be declared a Grand Prize Winner.

* Visit WhiteOaksMall.ca for full contest rules.

Tartan it up for the holidays

Plaid is one of the most popular patterns during the festive season — the clean lines look great in both modern and traditional interiors, and they're a perfect way to add variety to a room with solid colours (so long as you remember to never mix plaids together). From tabletop items to wallpapers, there's a wide array of accessories that bring a touch of the old clan to your home.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Add some old-school style to your work commute. Plaid Lunch Box and Thermal Carafe, $40 each, crateandbarrel.com.

Subtle grey plaid adds modern sophistication to walls. Audrey Charcoal Wallpaper, $85 per roll, grahambrown.ca.

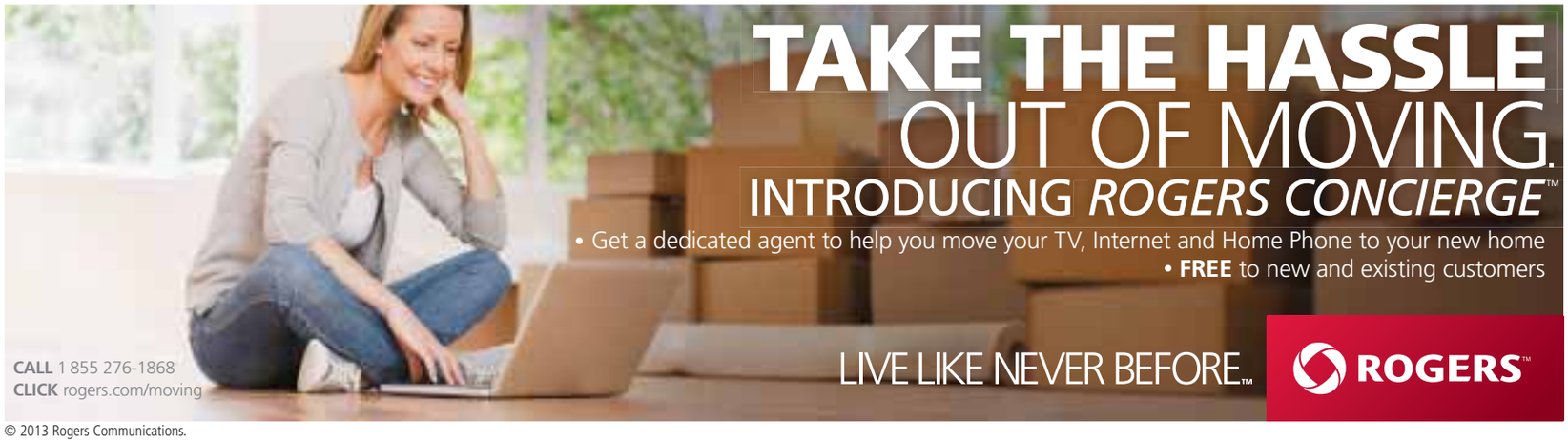
Stay warm during those cold nights. Nordic Plaid Duvet Cover Set, $75, simons.ca.

Punchy colours modernize the season's favorite pattern. Lord & Taylor Buffalo Plaid Duvet Cover, $69-89, thebay.com.

Scotch and soda never went down so easy. PC Tartan Glasses, four for $9, Real Canadian Superstore.

Drive in style while keeping your hands toasty. Plaid Steering Wheel Cover, $15, canadiantire.ca.

Add bright colours underfoot. Modern Plaid 5x8 foot Wool Rug, $450, cb2.com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Many generations under one roof

Living arrangements. Both in TV and in real life, extended families are living together in increasing numbers

With a baby on the way, Will Stroet and his wife, Kim The, realized their two-bedroom condo — which doubled as a work space — simply wasn't going be sufficient.

Fortunately, the couple received an offer that was too good to pass up: an invitation from Stroet's parents, Bill and Marion, to move in.

Their daughter, Ella, is now three and a half. Four years since they laid down roots in a duplex in the Vancouver neighbourhood of Kitsilano, they're all still there: grandparents, parents and child, together under one roof.

"It's not only that we have more space, we also have the benefit of having my parents around and they can help with child care," said Stroet, 35, a children's musician and star of Will's Jams airing on Kids' CBC.

"We keep an eye on the house when they're both away. ... They like knowing that there's someone here keeping an eye on things. It's pretty good."

Art has imitated life of late with multi-generational family living providing comedic fodder on TV. The short-lived How to Live with Your Parents (For the Rest of Your Life) featured Ottawa-born Sarah Chalke as a single mom moving back in with her parents following divorce. Freshmen sitcoms Dads and The Millers centre on parents who move in with their adult children.

According to Statistics Canada, the 2011 census revealed there were 362,600 multi-generational households among more than 13 million private households across the country. Among them, the middle generation in 60.1 per cent of homes included a couple with children, while 36.5 per cent were lone parents.

There was also an increase in the number of children sharing homes with their grandparents, including living arrangements where a parent may or may not be present. More than 269,000 kids aged 14 and under — or 4.8 per cent — lived with at least one grandparent in 2011, compared to 3.3 per cent in 2001.

Quoted

"I think everyone benefits from (sharing a home). I know my daughter really loves it, my parents really love it, and honestly, I really like it, too." Musician Will Stroet

In many cultures, the concept of multiple generations of families living together is quite typical, noted Lynda Ashbourne, an associate professor in the department of family relations and applied nutrition at the University of Guelph.

"There are culturally constructed roles for what the grandparents will do, what the parents will do, who shares in looking after children in the household and who brings in income and works outside of the home," said Ashbourne.

Will Stroet along with his wife Kim The and three-and-a-half-year-old daughter Ella live under the same roof with Will's parents Bill and Marion Stroet in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Where problems may arise is when cultural expectations about family run counter to what was previously viewed as the norm. "What becomes more challenging is if you've grown up in a culture or family that really kind of privileges or honours the idea of independence and self-sufficiency," Ashbourne said.

Yet for some families, surging costs of housing, child care and the need to be in close proximity to aging or ailing relatives makes the option of sharing a space appealing. And beyond the inherent financial benefit, living in close quarters with members of the extended family is viewed by those who've embraced the concept as a way to further strengthen familial ties.

Stroet said that there is a "communal feel" to sharing a home with his parents. "It's not the sort of feeling that we're in two very separate living spaces. We have our own privacy and everything, but we definitely interact a lot, and certainly a lot more than we would if we were living somewhere else.

THE CANADIAN PRESS

Tech gifts for the home

DIY. If you want to make a big impression on your giftees this year, surprise them with one of these innovative home items

For that person on your list who seems to have everything, consider some futuristic and entertaining high-tech gear for the home. Perfect for surviving the winter months and staving off cabin fever, even the biggest electronics junkie will want to show off these toys to friends and family.

Programmable lights

With a few specially designed light bulbs and a Wi-Fi network, programmable lighting goes far beyond just turning lights on and off. Customize the brightness and colour of each bulb using a smartphone, and set the perfect mood for a romantic dinner or a big New Year's bash. The lights can even be programmed to slowly brighten in the morning to imitate the sunrise for a more natural alternative to an irritating alarm clock.

Home coffee roaster

For the coffee connoisseur, a roaster is an affordable and easy way to customize the entire coffee experience right in the home. Roasting only takes about eight to 12 minutes and allows drinkers to experiment with different roasts. Ground coffee stales in a matter of minutes, so grind beans as needed for the freshest cup of joe.

Hario's retro home coffee roaster, available at greenbeanery.ca, is one of the more stylish options for home roasting. It's guaranteed to send the coffee fanatic on your gift list into a full-on foodie swoon. CONTRIBUTED

I Want That

- For more unique and cutting-edge ideas for the home, tune in to I Want That on Sundays at 6 p.m. on DIY Network Canada.

3-D printers

Yes, 3-D printers are making their way into homes. It's still early days for the technology, and the printers certainly aren't cheap, but they're definitely one of the coolest tools available for those on the cutting edge. Perfect for designers or the tech-savvy hobbyist, 3-D printers are becoming more accessible with downloadable templates that allow anyone to print impressive designs. Far from becoming mainstream, they may just be the ideal gift for the person who has everything.

Ravens defensive tackle Brandon Williams sacks quarterback Ben Roethlisberger during the Steelers' 19-16 win on Oct. 20 in Pittsburgh. The rivals meet again in prime time on Thursday night in a game with playoff implications. JUSTIN K. ALLER/GETTY IMAGES

No rest for the rivalry

NFL. Big game in Baltimore on U.S. holiday caps short work week for Steelers and Ravens

The last time the Baltimore Ravens played on U.S. Thanksgiving, coach John Harbaugh gathered the family together for a game against brother Jim and the San Francisco 49ers.

Two years later, Harbaugh and the Ravens will spend the holiday with their most bitter rival.

It doesn't matter that Baltimore (5-6) and the Pittsburgh Steelers (5-6) both have losing records. Both teams have plenty of motivation, because Thursday night's game has playoff ramifications. Plus, these AFC North foes almost always engage in a hard-hitting, trash-talking, closely played affair.

"It's always a cool week when you go against these guys," Ravens quarterback Joe Flacco said. "It's been a good game for the last handful of years, and it's always a challenge getting ready on a short week. But they have the same issues. It should be a lot of fun."

Since Harbaugh took over the Ravens in 2008, Baltimore has faced Pittsburgh 13 times, including twice in the playoffs. Nine of those games were decided by three points, including the Steelers' 19-16 win last month.

"It's just an intense rivalry," Pittsburgh wide receiver Antonio Brown said. "Great defence is played. I think everyone understands the urgency of the game. It's just iron on iron. It's always a tough battle, and it always comes to the fourth quarter and to the end of the game." THE ASSOCIATED PRESS

Blazing hot in black and yellow

"I just think we're all continually evolving, and thankfully we're evolving in the right direction."

Pittsburgh head coach Mike Tomlin, whose Steelers have bounced back with a 5-2 run that includes three consecutive wins after opening the season with four straight losses.

Fast facts

- The Ravens are 4-1 at home this season compared to 1-5 on the road.
- Ravens linebacker Terrell Suggs has more sacks (16 1/2) against Pittsburgh's Ben Roethlisberger than any other quarterback.
- Steelers rookie running back Le'Veon Bell burned the Ravens for a career-high 93 yards the last time the teams played.

Green Bay at Detroit

Packers' Rodgers a no-go vs. Lions

Quarterback Aaron Rodgers will miss his fourth consecutive game and Matt Flynn will become the Green Bay Packers' fourth starting quarterback of the season Thursday when the Packers play the Lions in Detroit.

Rodgers, who suffered a fractured left collarbone Nov. 4 against Chicago, practised on Tuesday but was ruled out by coach Mike McCarthy on Wednesday. THE ASSOCIATED PRESS

Bills in Toronto

"We can't complain about it. We just got to go out and try to handle business."

Buffalo receiver Stevie Johnson, wondering who had the bright idea to have the Bills "host" the warm-weather Atlanta Falcons inside Toronto's Rogers Centre on Sunday.

NBL Canada

Lightning set new date vs. SkyHawks

The London Lightning have rescheduled their game against the Ottawa SkyHawks that was called off due to last Sunday's snow storm.

They will now face the SkyHawks at Budweiser Gardens on Jan. 22 at 7 p.m.

Tickets from Sunday can be used for the make-up game, or single game tickets can be returned for a refund at the Budweiser Gardens Box Office (Gate 1) until the game is played. METRO

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Rogers deal: NHL closer to Quebec City

Sublicensing agreement. Quebecor Media's TVA Sports, of Pierre Karl Peladeau, now holds national French-language rights

The announcement of Rogers' historic NHL broadcasting deal this week has helped further legitimize Quebec City's potential as an expansion site — at least, unofficially.

As part of the massive deal — in which Rogers secured national NHL broadcast rights for 12 years at a cost of $5.2 billion — it was announced that a sublicensing agreement in the deal includes TVA Sports as a national carrier for French-language rights. TVA is owned by Quebecor Media, whose CEO, Pierre Karl Peladeau, has been a major player behind the quest to bring an NHL team back to Quebec City.

When ground broke on the new Quebecor Arena in Quebec City in 2012, plans were for the completion of a $400-million, 18,000-seat venue by September 2015. Officials said it would be comparable to the new Consol Energy Center in Pittsburgh.

But the prospect of a new NHL-sized rink and the city's links to an unprecedented broadcasting deal don't guarantee anything, NHL commissioner Gary Bettman said Wednesday.

"One has nothing to do with the other right now … (Expansion is) not something that we're embarking on in a formal process. We've had expressions of interest from a number of places, but it's not something that we have any intention of addressing in the short term."

While Bettman and the NHL continue to insist there's no formal process in place for expansion, markets such as Quebec City, Seattle, Kansas City, Las Vegas and Markham have been informally tabbed as front-runners to land teams if the NHL were to expand its current 30-team base. **TORSTAR NEWS SERVICE**

Not so fast

"The dots are not connectable. One has nothing to do with the other right now."

Gary Bettman, NHL commissioner, when asked if Quebec's ties to the new deal further promote its chances at landing an NHL franchise.

November snowstorms actually welcome here

At a training session for the season-opening World Cup downhill in Lake Louise, Alta., Canada's Erik Guay swings down to make the fastest time on Wednesday. The Mont-Tremblant, Que., native posted a time of one minute 50 seconds in the first of three training runs for Saturday's downhill.

JONATHAN HAYWARD/THE CANADIAN PRESS

Torn ligament. Vonn not sure of making it to Sochi

Lindsey Vonn remains unsure just what effect her latest knee injury will have on her Sochi Olympic hopes.

Asked in an interview on NBC's Today show Wednesday if she can put the kind of pressure on the knee she will need to train and make it to Sochi in February, Vonn replied: "To be honest, I don't know."

Lindsey Vonn
GETTY IMAGES

The reigning Olympic downhill champion crashed during a training run in Copper Mountain last week and partially tore a reconstructed ligament in her right knee. **THE ASSOCIATED PRESS**

Olympics. IIHF pushes back rosters deadline

The roster deadline for the 2014 Sochi Olympics has been pushed back to Jan. 7, the International Ice Hockey Federation announced.

Originally, national federations had until Dec. 31 to submit 25-man rosters for the tournament, which begins Feb. 12. Russia and other European countries were lobbying for a later date and got their wish.

Now teams have until noon Eastern on Jan. 7 to make their rosters official. That's a little extra time to take injuries into account, like Canada with Steven Stamkos's broken tibia.

Hockey Canada has not formally set a date to announce its roster. **THE CANADIAN PRESS**

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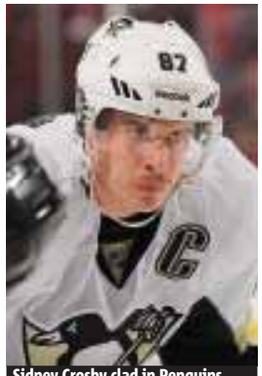
Concussion lawsuit: Crosby on the fence

Interview. Sid says juggling the NHL and the excitement over Sochi is 'pretty easy'

Sidney Crosby is well aware of the concussion lawsuit some former players brought against the NHL, but it sounds like hockey's most famous concussion victim is neutral about it. Here he talks about that, the Olympics and his teammates ahead of a visit from the Leafs.



Sidney Crosby clad in Penguins uniform. ELSA/GETTY IMAGES

Have you heard of the lawsuit former NHLers launched against the league?

"It's not uncommon to see suits like that. Concussions, everyone is learning more and more about them. The fact we're finding out more probably has something to do with it."

How do you balance the NHL season with the excitement of the Olympics?

"It's pretty easy. I think you know your play, your game, what you need to do is important leading into the Olympics. It's not any different than any other Olympic athlete. You want to be at your best when the Olympics start."

Do you talk a lot about it with Evgeni Malkin?

"We didn't last time. We haven't really talked that much about it this time. I'm sure with it being in Russia, he's got things to do and is a little bit busier too, like I was last time when it was in Canada. It's evident that it's in Russia from his schedule."

Who's got the most pressure in the Olympics, Canada or Russia?

"I'd say it's even. There's always pressure playing for Canada, no matter where it is. I think Russia definitely has high expectations. And they're passionate hockey fans."

TORSTAR NEWS SERVICE

Leafs vs. Penguins

Go to metronews.ca for results from Wednesday's Leafs-Penguins game.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	24	16	6	2	68	46	34
Tampa Bay	24	15	8	1	72	61	31
Toronto	24	14	9	1	66	60	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	25	7	13	5	56	81	19
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	25	15	9	1	72	58	31
Washington	24	12	10	2	72	68	26
NY Rangers	24	12	12	0	48	59	24
New Jersey	24	9	10	5	50	58	23
Carolina	24	9	10	5	49	67	23
Philadelphia	23	10	11	2	50	56	22
Columbus	24	9	12	3	62	71	21
NY Islanders	24	8	13	3	68	82	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	25	17	4	4	92	71	38
St. Louis	23	17	3	3	82	50	37
Colorado	22	17	5	0	69	45	34
Minnesota	25	15	6	4	64	58	34
Dallas	23	12	9	2	67	68	26
Nashville	24	12	10	2	56	69	26
Winnipeg	26	11	11	4	69	76	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	17	7	3	83	71	37
San Jose	23	15	3	5	79	52	35
Los Angeles	25	16	6	3	67	53	35
Phoenix	24	14	6	4	80	78	32
Vancouver	26	12	9	5	67	68	29
Calgary	23	8	11	4	64	84	20
Edmonton	25	7	16	2	65	89	16

Note: 2 points for a win, 1 point for overtime loss.

Wednesday's results
Nashville at Columbus
Winnipeg at NY Islanders
Ottawa at Washington
Montreal at Buffalo
Carolina at New Jersey
NY Rangers at Florida
Philadelphia at Tampa Bay
Toronto at Pittsburgh
Boston at Detroit
Phoenix at Minnesota
St. Louis at Colorado
Chicago at Calgary
Los Angeles at San Jose
Tuesday's result
Dallas 6 Anaheim 3
Thursday's games — All times Eastern
Vancouver at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Friday's games
Winnipeg at Philadelphia, 11:30 a.m.
NY Rangers at Boston, 1 p.m.
Pittsburgh at Tampa Bay, 4 p.m.
Detroit at NY Islanders, 4 p.m.
St. Louis at San Jose, 4 p.m.
Calgary at Anaheim, 4 p.m.
Montreal at Washington, 5 p.m.
Colorado at Minnesota, 6 p.m.
Edmonton at Columbus, 7 p.m.
New Jersey at Carolina, 7 p.m.
Toronto at Buffalo, 7:30 p.m.
Chicago at Dallas, 8:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	18	31
Steen, StL	19	10	29
Getzlaf, Ana	13	15	28
Zetterberg, Det	10	18	28
Ovechkin, Wash	20	7	27
Tavares, NYI	10	17	27
Malkin, Pit	4	23	27
Perry, Ana	13	13	26
Kane, Chi	13	13	26
H. Sedin, Van	7	18	25
Little, Win	12	12	24
Toews, Chi	12	12	24
St. Louis, TBL	10	14	24
Karlsson, Ott	7	17	24
Benn, Dal	7	17	24
Backstrom, Wash	5	19	24
Thornton, SJ	2	22	24
Stamkos, TBL	14	9	23
Seguin, Dal	12	11	23
Datsyuk, Det	12	11	23
Marleau, SJ	11	12	23
Couture, SJ	8	15	23
Kopitar, LA	7	16	23
Ryan, Ott	11	11	22
Parise, Min	11	11	22
Kunitz, Pit	11	11	22

Wednesday's games not included

NFL

WEEK 12
Thursday's games
All times Eastern
Green Bay at Detroit, 12:30 p.m.
Oakland at Dallas, 4:30 p.m.
Pittsburgh at Baltimore, 8:30 p.m.
Sunday's games
Jacksonville at Cleveland, 1 p.m.
New England at Houston, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Miami at N.Y. Jets, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at Minnesota, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
Atlanta at Buffalo, 4:05 p.m.
St. Louis at San Francisco, 4:05 p.m.
Cincinnati at San Diego, 4:25 p.m.
Denver at Kansas City, 4:25 p.m.
N.Y. Giants at Washington, 8:30 p.m.
Monday's game
New Orleans at Seattle, 8:40 p.m.

NBA

Wednesday's results
Indiana at Charlotte
Philadelphia at Orlando
Memphis at Boston
L.A. Lakers at Brooklyn
Miami at Cleveland
Chicago at Detroit
Atlanta at Houston
Washington at Milwaukee
San Antonio at Oklahoma City
Denver at Minnesota
Golden State at Dallas
Portland at Phoenix
New York at L.A. Clippers
Tuesday's results
Washington 116 L.A. Lakers 111
Brooklyn 102 Toronto 100
Orlando 109 Atlanta 92
Golden State 102 New Orleans 101

MLS PLAYOFFS

CHAMPIONSHIP

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Saturday, Dec. 7
Kansas City vs. Salt Lake, 4 p.m., EST

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Horoscopes

♈ Aries
March 21 - April 20
You will be able to charm the birds out of the trees today but why waste your talents on wildlife when you can focus instead on getting your way on the work front? Employers won't be able to say "no".

♉ Taurus
April 21 - May 21
Not everyone will agree with what you do over the next 24 hours but do you care? No, you don't! No one has the power to make life difficult for you. So, if it feels good, do it.

♊ Gemini
May 22 - June 21
Let someone you trust know that your happy -go-lucky act is just that. Once your share your problem, it won't be as bad when various options have been pointed out to you.

♋ Cancer
June 22 - July 23
With love planet Venus moving through the relationship area of your chart, you can't afford to be shy with affairs of the heart. If there is someone you fancy, let them know. Chances are they feel the same way about you.

♌ Leo
July 24 - Aug. 23
It's good to dream and some dreams will never come true and it's time you faced up to that fact. Never mind, there should be another great dream coming along soon.

♍ Virgo
Aug. 24 - Sept. 23
You will be rather impatient today and that may be no bad thing, especially if people you work with are dragging their feet just to annoy you. Maybe you should threaten to carry on without them.

♎ Libra
Sept. 24 - Oct. 23
You have the happy knack of knowing what loved ones want and will go out of your way to get it for them over the next 24 hours. Don't forget your own needs though.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury in your sign links with both Venus and Jupiter today, so good news is coming your way. Whatever it happens to be, don't keep it to yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know all the facts before reaching a decision about a money or business issue. Remember too that just because someone makes big noise does not mean they know what they are talking about.

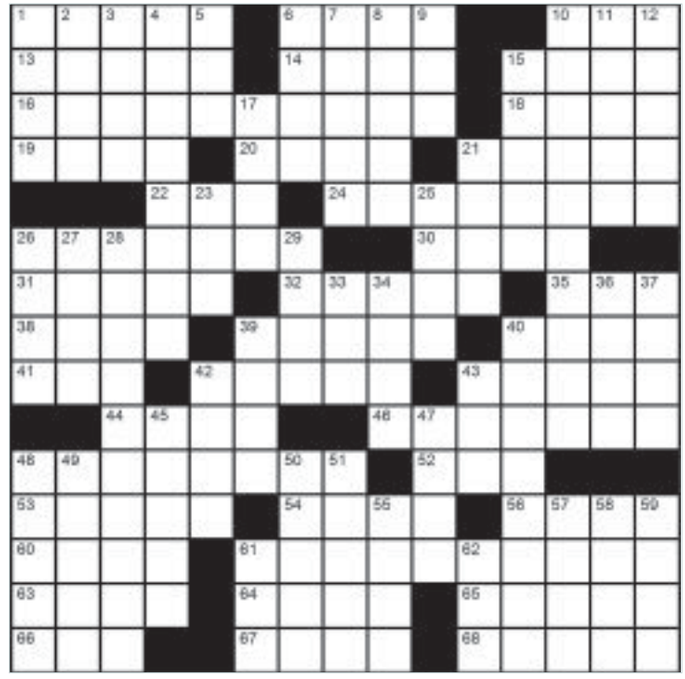
♑ Capricorn
Dec. 22 - Jan. 20
Keep things light and don't let the cares of the world get to you. Venus in your sign makes it easy to see past negativity and make sense of what to others appears senseless. Life has meaning, and it is joy.

♒ Aquarius
Jan. 21 - Feb. 19
You can persuade almost anyone to do almost anything for you today but you don't seem happy with that "almost". You may be good with words but don't push too hard. Someone will always be immune to your charms.

♓ Pisces
Feb. 20 - March 20
This is an excellent time to travel, ideally with friends. The things you discuss and the things you see will make you glad to be alive in this time and place. SALLY BROMPTON

Crossword: Canada Across and Down

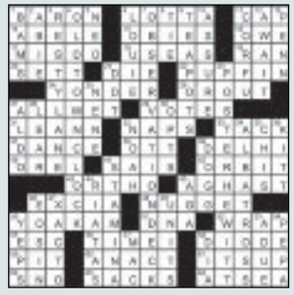
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Glisten
6. Federal force, commonly
10. Juice: French
13. Camera company
14. Margarine
15. Faxed
16. Canadian fashion designer: 2 wds.
18. Cracker spread
19. Tugboat's sound
20. Poetic nights
21. Mr. Schwarzenegger, to fans
22. Spotlight lover
24. Toronto's __ Expressway
26. Saintly
30. Border
31. __ Carta
32. Some beans
35. Li'l physician
38. Balmy
39. Casual material
40. The Dalai __
41. "..._ _ quit!" (Worker's ultimatum)
42. House fields
43. Job-giver
44. Abound
46. Canada __ for the Arts (Administrator of the annual honours at #28-Down)
48. Rihanna hit
52. Carrot, e.g.
53. "Hang Ten" Canadian singer
54. Govern
56. Sicilian volcano
60. Actress, Sharon __
61. As per #28-Down... Fiction book winner: The __ by Eleanor Catton, set in New Zealand
63. Deviate
64. Tunestress Tori
65. Capital of Belarus
66. Antiquity
67. Secret-passer's sound effect
68. Writer W.B. with Reshmi __"
28. _ _ _. __ (Prestigious honour for Canadian writers, trendy-style ...see 2013 winners at #4-Down and #61-Across)
29. Ball of yarn
33. Caravansary
34. Filing abbr.
36. Sacred Buddhist peak
37. Director Mr. Reiner
39. "Curses!"
40. Victoria's Secret apparel
42. Rock's Kings of __
43. Shade
45. Actress Ms. Procter
47. Baking need
48. Search into
49. Model
50. Ringo's instruments
51. Wrestlers of Japan
55. Itemize
57. Frank Sinatra daughter
58. Cozy retreat
59. Requests
61. Swimming segment
62. Ms. Poehler

Down
1. Jazz singing style
2. Religious 'ring'
3. Data
4. As per #28-Down... Poetry book winner: Katherena Vermette for __ __ Love Songs, set in the Winnipeg neighbourhood of the title
5. Compass dir.
6. Red __ Tea
7. Held on tightly
8. High IQ society
9. Disc in a 1990s fad game
10. The Maid of Orleans, b.1412 - d.1431: 2 mots
11. Take apart laces
12. Drive
15. Parsley portion
17. Ashton's ex
21. Tots up
23. Menu words
25. Printing quantity
26. G.I.'s weapon need
27. "CBC News Now

Yesterday's Crossword



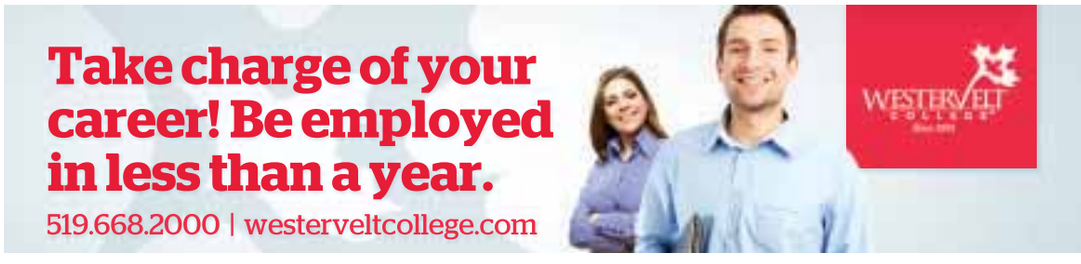
Sudoku

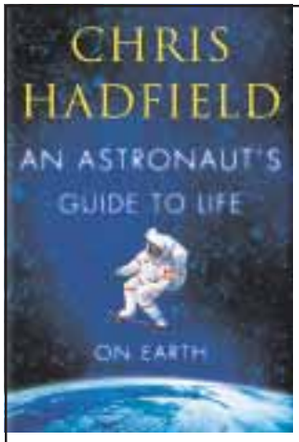
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

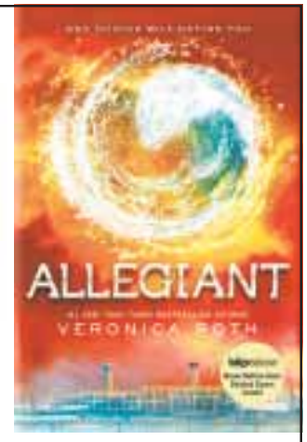
	6			7		1		8
5				9	4			
			1					4
			6	8	1	3	9	
				3				
	5	1	7	4	9			
9					7			
			2	6				9
6		7		5			8	

Yesterday's Sudoku

4	1	9	3	8	5	7	2	6
3	8	5	7	2	1	4	9	8
8	7	2	9	6	4	3	1	5
7	2	6	4	5	8	1	3	9
5	3	8	2	1	9	6	7	4
9	4	1	6	3	7	5	8	2
6	8	4	1	9	3	2	5	7
1	5	7	8	4	2	9	6	3
2	9	3	5	7	6	8	4	1







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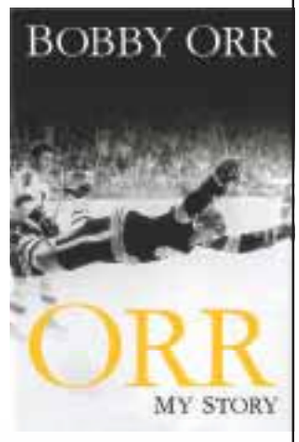

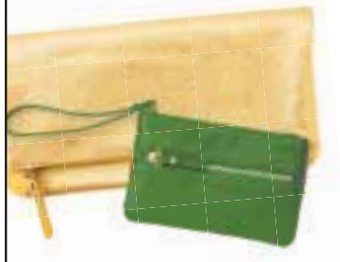

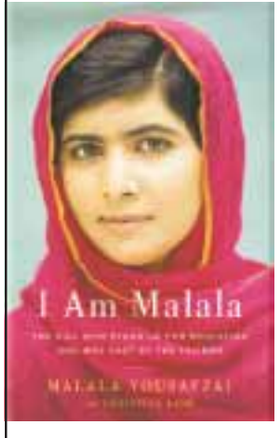

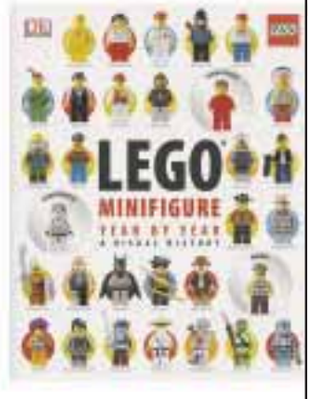

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